Appendix 1

The Multiple Sclerosis-Fatigue Self Efficacy Scale (MS-FSE)

1. How certain are you that you can control your fatigue?

2. How certain are you that you can regulate your activity so as to be active without aggravating your fatigue?

3. How certain are you that you can manage your fatigue so that you can do the things you enjoy doing?

4. How certain are you that you can deal with the frustration of fatigue?

5. How certain are you that you can deal with the uncertainty of fatigue?

6. How certain are you that you can decrease your fatigue quite a bit?

7. How certain are you that you can continue most of your daily activities?

8. How certain are you that you can keep your fatigue from interfering with your time spent with friends or family?

Response format to each question:

10	20	30	40	50	60	70	80	90	100
very uncertain				*moderately certain*					*very certain*

The original Control subscale from the Multiple Sclerosis Self Efficacy (MSSE) scale

1. How certain are you that you can control your fatigue?

2. How certain are you that you can regulate your activity so as to be active without aggravating your MS?

3. As compared to other people with MS like yours, how certain are you that you can manage your MS symptoms during your daily activities?*

4. How certain are you that you can manage your MS symptoms so that you can do the things you enjoy doing?

5. How certain are you that you can deal with the frustration of MS?

6. How certain are you that you can deal with the uncertainty of MS?

7. How certain are you that you can decrease your fatigue quite a bit?

8. How certain are you that you can continue most of your daily activities?

9. How certain are you that you can keep your MS symptoms from interfering with your time spent with friends or family?

Response format to each question:

10	20	30	40	50	60	70	80	90	100
very uncertain				*moderately certain*					*very certain*